



We all face problems in our lives at some time and in some way. But how do we cope with them? Jesus tells us not to be troubled, but is that really possible?

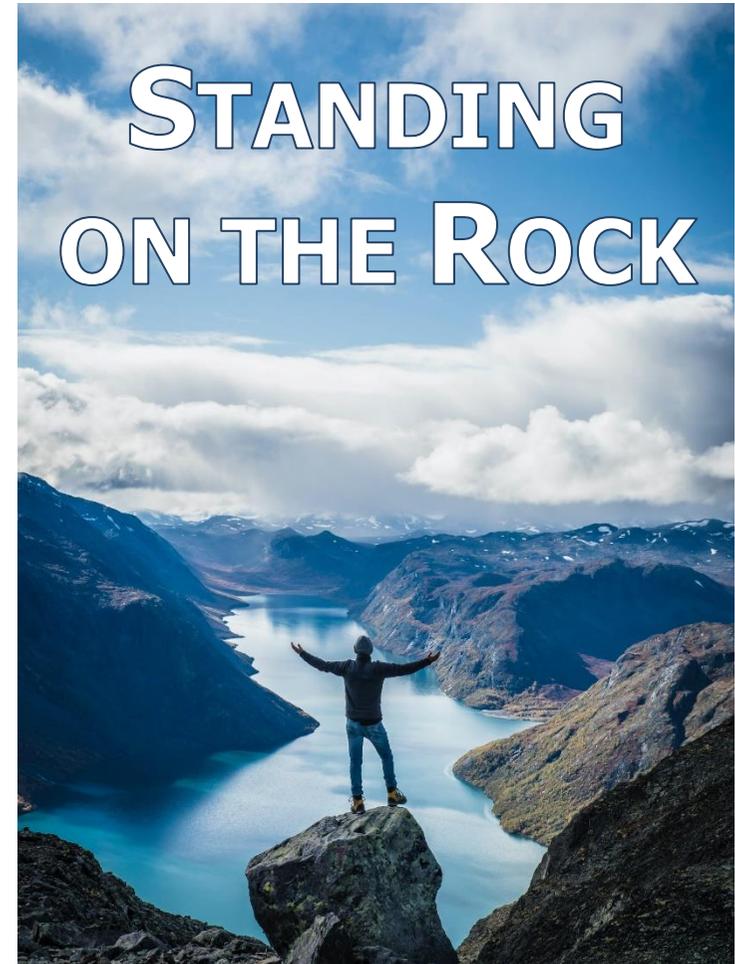
Discover how to stand firm when things are going wrong. God is on your side and He will help you when you build on the rock of His truth and keep standing on it no matter what. It's the truth that you know that will set you free.



**Katherine Hilditch** has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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'Standing on the Rock'  
by  
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Unless otherwise indicated  
all Scripture quotations are taken from  
the World English Bible British Edition (WEBBE)  
(Any words in brackets are not in the original text  
but are included to help understanding)

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of God's Word. Stand firm on the rock – don't cling on by your fingernails. Refuse to wobble. When doubt comes, cast the negative thoughts down and replace them with God's truth.

### *Where Are You Today?*

Is all this new to you? Start building on the rock today. Have you been standing on the rock but have slipped off? Decide today to get back on. Are you in the middle of a storm right now and struggling? Make the effort and get on the rock no matter how difficult it may be – God will help you. Or are you already consciously standing on the rock? Be encouraged and keep standing. In John 8:31-32 Jesus says – *“If you remain in my word, then you are truly my disciples. <sup>32</sup> You will know the truth, and the truth will make you free.”* Thank You Lord.

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### *Being Born-Again*

When you accept Jesus as your Lord and Saviour you become born-again. God becomes your Father and you His child, and you can start to enjoy your personal relationship with Him. Romans 10:9 says – *‘If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.’* Say this prayer out loud and believe it in your heart – *“Jesus, I declare that You are Lord and that God raised You from the dead to live forevermore. Thank You for dying for me personally. I receive my forgiveness and my salvation now. Thank You Jesus, my Lord and Saviour.”* You are now born-again and Jesus has come to live in you. All your sins, past present and future, are forgiven and you have a new perfect spirit. And after this life is over, you'll live in love, peace and joy with your Father God for ever.

## *STANDING ON THE ROCK*

Bad things happen to good people as well as bad people. Jesus said in John 16:33 – *“In the world you have trouble.”* And He was talking to His disciples – His followers. So, as Jesus' followers today, how do we respond when trouble hits? Some Christians come through victorious and some crumble. But why is that?

Before He was arrested, Jesus prepared His disciples for what was going to happen to Him and showed them truths that would help them cope. He started in John 14:1 with – *“Let not your heart be troubled.”* And He ended in John 16:33 with – *“In the world you have trouble; but cheer up! I have overcome the world.”* Both are encouragements, but they are also commands. We have to make a decision. Are we going to 'not let our heart be troubled' or are we going to be anxious? Are we going to 'cheer up' or are we going to get down? God won't make the decision for us. But as we obey these commands He will help us, guiding and teaching us through His Word and encouraging and empowering us through His Holy Spirit.

### *So Where do Troubles Come From?*

The big question is, do troubles come from God? And if not, where do they come from? If we're going to have any victory in our lives, we have to know the answer to these questions. See what God says about you in Jeremiah 29:11 – *“I know the thoughts that I think towards you,” says the LORD, “thoughts of peace, and not of evil, to give you hope and a future.”* Does that sound like God is sending bad things in your life? No! God only gives good to His children. Psalms 145:9 says – *‘The LORD is good to all. His tender mercies are over all his works.’*

You may have heard it said that nothing can happen which isn't God's will. Let me prove to you from God's Word that this isn't true. 2 Peter 3:9 says that God is – *'not wishing that anyone should perish, but that all should come to repentance.'* But in Matthew 7:13 Jesus says – *"Enter in by the narrow gate; for the gate is wide and the way is broad that leads to destruction, and there are many who enter in by it."* God's will is that everyone should be saved, but this doesn't happen. Many people take the road to destruction instead. Of course He is at work in the world through His people and will one day bring His plan for the earth to fruition, but He isn't controlling everything that happens. So why do bad things happen? There are two main reasons.

### **1. Satan is at work**

James 4:7 says – *'Be subject therefore to God. Resist the devil, and he will flee from you.'* When trouble comes, we have to be able to understand if it's from God so we can submit to it or if it's from Satan so we can resist it. In John 10:10 Jesus tells us how to tell the difference – *"The thief only comes to steal, kill, and destroy. I came that they may have life, and may have it abundantly."* Judge what happens in your life by this verse.

Is what's happening bringing life? If so, then submit to God and thank Him for what He's doing. But if it is something that is trying to steal from you such as your health, peace or joy then it's from Satan. If it's trying to kill you such as sickness or a medical condition, or if it's trying to destroy you or something good in your life, then it's from Satan and you have to resist it. Say out loud – *"Thank You Jesus that You only give good things. Thank You that You came to give us abundant life. Satan, I know who you are and what you're trying to do and I resist you in the name of Jesus and you have to flee from me. Thank You Lord."*

### **4. YOU HAVE A PROMISE THAT YOU WON'T BE DESTROYED**

When you know you're loved unconditionally and are forgiven and that God has a good plan for your life you can take hold of a wonderful promise in Isaiah 43:2 – *"When you pass through the waters, I will be with you, and through the rivers, they will not overflow you. When you walk through the fire, you will not be burnt, and flame will not scorch you."* And Isaiah 54:17 says – *'No weapon that is formed against you will prevail; and you will condemn every tongue that rises against you in judgement.'* Notice we have to condemn the words spoken against us. When this happens, say something like – *"No, I condemn that word in the name of Jesus. It has no effect on me. Thank You Lord."*

These are four of many foundational truths to build on before a storm hits and stand on when you are in the middle of it. They are not simply to make you feel comforted when you read them. They are for taking hold of, understanding, speaking out loud to write them on your heart, and for standing on no matter what happens. It is then that they can set you free.

The Bible also has verses which apply to specific storms such as financial troubles, relational problems, bereavement etc. Do an internet search, for example on 'Bible verses about money'.

### ***Now Make a Decision to Stay on the Rock***

You made a decision to get on the rock and build on it, but you now need to decide to keep standing on it. I made that decision when I had M.E. I didn't follow it through perfectly every minute of every day, but it remained what I determined to do. So when I failed I just got back on the rock and the more I stayed standing on it, the easier it became. You can do it too because it's not based on you or on what's going on in your life, but on the truth

## My Testimony

I suffered with M.E. for many years. Some aspects of it were healed miraculously, but to see full healing come through I stood on the truth of God's Word. You can read the story in my booklet "Healed from M.E.!" which you will find on my website. I stood on the truths that God wants me well, that He had already won my healing, that He is a good God and has a good plan for my life. It wasn't always easy but the more I stood, the easier it became. The truth of God's Word set me free and it will do the same for you if you will believe it and stand firm on it.

## Some Foundational Truths to Stand On

When trouble comes your way, these foundational truths will enable you to survive. Write them on your heart now, so you are ready to stand strong when a storm comes along.

### 1. GOD LOVES YOU UNCONDITIONALLY

God's love for you has nothing to do with how you perform or what you deserve. It is totally unconditional. Romans 5:8 says – '*God commends his own love towards us, in that while we were yet sinners, Christ died for us.*'

### 2. YOU ARE FORGIVEN

God's not angry with you. Ephesians 1:7 says – '*In him we have our redemption through his blood, the forgiveness of our trespasses.*' He doesn't even remember your sins. Hebrews 8:12 says – '*I will remember their sins and lawless deeds no more.*'

### 3. GOD HAS A PLAN FOR YOU

Remember Jeremiah 29:11 – '*I know the thoughts that I think towards you,*' says the LORD, '*thoughts of peace, and not of evil, to give you hope and a future.*' God has a good plan for your life.

## 2. We have free will

God made us with free will. He doesn't want to be loved by pre-programmed robots or puppets on strings. He wants us to love Him freely. This means we can choose how to think and speak and act in any situation. And the choices we and others make have consequences in our lives which can be good or bad. Jesus said in Matthew 23:37 – '*How often I would have gathered your children together, even as a hen gathers her chicks under her wings, and you would not!*' We can cooperate with God or we can resist Him and stop His will from happening in our lives.

## How Do We Protect Ourselves from Troubles?

In Luke 6:48-49 Jesus describes – '*... a man building a house, who dug and went deep and laid a foundation on the rock. When a flood arose, the stream broke against that house, and could not shake it, because it was founded on the rock.* <sup>49</sup> *But he who hears and doesn't do, is like a man who built a house on the earth without a foundation, against which the stream broke, and immediately it fell; and the ruin of that house was great.*'

Again, the decision where to build is ours. If we choose not to build on the rock then we build on earth or sand – there is no other option. It's no good building on good works, going to church, reading the Bible etc. These are good, but they are sand if they aren't done as a result of living in relationship with Jesus.

## What is the Rock?

1 Corinthians 3:11 tells us that Jesus is the Rock – '*No one can lay any other foundation than that which has been laid, which is Jesus Christ.*' John 1:1&14 tells us that Jesus is also God's Word – '*The Word was God. ... The Word became flesh and lived*

amongst us.’ And Jesus says in John 14:6 that He is ‘the truth’. Jesus is the Rock, the Word and the Truth. Therefore the Rock is the truth of God’s Word. This is what we are to build on.

### ***When Do We Build on the Rock?***

We need to do it now. Jesus said the man built his house and then the storm came. It’s much harder to get on a rock when a storm is raging, the wind is howling, the current is dragging at you and the waves are knocking you around. Get on the rock now and build on it; then you will be able to stand firm when a storm comes along. Maybe you’re already in the middle of a storm. Don’t despair – it is harder to get on the rock, but it’s not impossible. God never tells us to do something we can’t do. His words to you are still the same, *“Let not your heart be troubled.”* Get on the rock of God’s truth in His Word, however difficult it may be – He will always help you as you step out in faith in Jesus.

Let me encourage you, whether you’re in the middle of a storm or not, to get on the rock now. You will never regret it. In fact, you will be so thankful you did it. It’s when you are standing on God’s truth that you can come through the storm victorious.

### ***So How Do We Get on the Rock?***

Before describing the man who built on the rock, Jesus says in Luke 6:47 – *“Everyone who comes to me, and hears my words and does them, I will show you who he is like.”* ‘Everyone’ includes you, no matter what you’ve done or not done in your life. Once you’re on the rock, you can build on it and then you can stand on what you’ve built. Let’s look at these three things Jesus says we are to do in order to be like the person who built his house on the rock.

#### **1. “Come to Me” – Get on the Rock**

We have to understand God’s Word. Jesus says in John 8:32 – *“You will know the truth, and the truth will make you free.”* It doesn’t say the truth will set you free, but the truth you know. When you understand it you can take a stand on it and then it will set you free. When faced with a decision or when trouble comes, the only truly valid question is – what does the Bible say?

#### **2. “Hear My Sayings” – Build on the Rock**

Proverbs 7:3 says to – *‘Write them (God’s Words) on the tablet of your heart.’* And Psalms 45:1 says – *‘I recite my verses for the king. My tongue is like the pen of a skilful writer.’* Speak God’s Word out loud to write it on your heart. Romans 10:17 says – *‘Faith comes by hearing, and hearing by the word of God.’* But you must believe what you’re saying. Hebrews 4:2 says – *‘The word they heard didn’t profit them, because it wasn’t mixed with faith by those who heard.’* Speaking out God’s truth in faith will build you up and set you free. Why would you not do it?!

#### **3. “Do them” – Stand on the Rock**

We need to build our lives, how we think, speak and act on a firm belief in God’s truth in His Word. 2 Timothy 3:14 tells us to – *‘Remain in the things which you have learnt and have been assured of.’* And we need to stop focusing on negative things which can hinder our trust in God’s truth. If you’re reading or watching things that focus on the bad, then you’re going to find it harder to stand on the rock of God’s truth. Isaiah 26:3 says – *‘Thou wilt keep him in perfect peace, whose mind is stayed on thee.’* (KJV) Make Jesus your main focus and His Word your priority. John 8:31-32 says – *“If you remain in my word, then you are truly my disciples. <sup>32</sup> You will know the truth, and the truth will make you free.”* We need to make God’s Word the basis of our lives. It takes time and determination, but it is so worth it.